

AN IMPACT OF HEALTH ON HUMAN BEINGS - A STUDY

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ABSTRACT

"Health is wealth" is a known proverb that applies to everybody. A healthy worker is a productive worker. To retain their health intact is very difficult for many people. What could be the reason? Mainly guts and the end products stools are the major cause to spoil the health. Starting from the mouth to the guts including the guts (intestine) is just a pipe and whatever we eat will get digested in the digestive system. Along with the food, the bacteria also enter the body. Mainly our body has healing power and detects the foreign content and eliminates it many times.

If you learn how to eliminate the foreign particles you can keep your health safe. Water is the major source for keeping health. But contaminated water harms the health. The corporation office in the new layouts lay the pipes of water and sanitary lines together it gets open automatically dirty water will be supplied in the taps and same may be consumed by the general public of the civil society.

KEYWORDS: Impact of Health, Human Beings

Article History

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INTRODUCTION

Sara Devi: 2016 September 16, "Health with and without on Human Being". Sara printers and publisher, France, Page No. 1, 4, 5, 8 states that health care is important for a man to live longer years. Food and water is the main source for a man to retain his health in perfect conditions.

Sharanya Mathaji: 1985 April 1, "Health through Vitaminized Foods" health is a very important component for man. It makes me always active. If a person suffers from any type of problem cold, cough fever, headache, migraine, knee pains, stomach pain mention what not leads to becoming lazy and becomes inactive in work life. At this critical point, doctors will advise to take medicine or ask to eat proper food and avoid junk foods. Hence health is very important.

Prasanta Tarafdar: 2008, March 31 mentioned in his report titled "Progress with Health is possible?" published and printed at Tarafdar printers, 24 Paragana, West Bengal. Page No. 1, 3, and 5 if you retain your health in good condition

you can commit for the time. If you are not keeping your health in good condition you cannot execute the work which is undertaken with the time-sensitive matter.

Shakila Banu: 2012, May 31, produced a manuscript titled "exercises of daily work leads good health" printed and published in Mansoor Ahmed publications, Nayandahalli, Page No. 1, 4, 5, 8. How the household work creates exercises which in return keep your health in good condition.

Every household especially females in the house does a lot of work since from morning to till night which covers the daily routine work which is as follows

Table 1

Sl. No	Time 24 Hours	Work
01	05:00	Get up from the bed
02	05:30	Wash face and finish nature calls
03	05:45	Pour the water to the ground and wash Brindavan with Holi basil Sri Tulasi
04	06:00	Put Rangoli in front of the house
05	06:30	Wash the vessels of the previous day's cooking
06	07:00	Wash the clothes
07	08:00	Take the bath and prepare the food for breakfast and meals for the day
08	09:00	Serve the breakfast for everybody in the house
09	10:00	Go to office to work and return after 06:00 PM by bicycle
10	22:00	Eating fresh fruits and drink milk and sleep

Source: By interaction with female working women

How your Daily Activities will Help you to Retain Your Health Condition

Sl. No.1: Says get up from the bed you have to get up from the bed with only positive thinking and do the good jobs for yourself and others. Turn towards the right hand and pray and visualize the goddess and requesting them to start the day with good things.

Sl. No. 2: Says Wash Face and finish nature calls: you shall be free from tiredness hence washing is essential and you shall be free from the stomach and finish the nature call is essential, if you do not go for nature calls your health will get upset. If the excreta is not cleansed properly then the bacteria will infect the body's immune system. After eating from the mouth till it guts and forms the excreta and send out from intestine. The body will not be at rest. The food particles will be converted into glucose and later converts into energy. This energy will be retained for the entire day to become active. Hence day has to start with positive thinking and the stomach shall be free in the morning.

Sl. No. 3: Pour the water to the ground and wash Brindavan with Holi basil Sri Tulasi. Here we concentrate on two things. Our ground and in front of the house it is very clean. Cleanliness is the godliness that gives good health with hygiene. On the other hand, if you pour the water into Holi Basil Sri Tulasi, we can get very good oxygen which is released by this plant. This Holi Basil Sri Tulasi acts as a medicinal plant too. It releases cough, cold it keeps the body in warm condition. It also develops immune power and increases the resistance power too. Holi Basil Sri Tulasi will be used for pooja purposes also. The immersed water acts as a daily booster by killing the germs. Insects will not enter the house with this system. Washing in front of the house with water and pouring water on Tulasi body will get a lot of exercises.

Sl. No. 4: Says that put Rangoli in front of the house. Neighbouring people will see each day a different type of Rangoli is spread in front of the house which is appreciated by the general public. It also looks very elegance to see because Rangoli people will not put their footprint in this part and to that extent house hound will be very clean, while drawing the Rangoli, many times movements of the body, stomach, waste part, hands, and shoulders will have the good exercises.

Sl. No. 5: Wash the vessels of the previous day's cooked: with this, there will not be any insects knowingly or unknowingly it walks through invisible germs will be removed and fresh breakfast and meals to be prepared during this hygiene can be maintained and good exercises and movements for let strength can be measured very easily. People will get trained without a fan in the kitchen to survive as long as they will be in kitchens while washing the vessels very good exercises for the hand, arms, and shoulders. Any joint pains can be identified easily. Washing of vessels by sitting or by standing in the wash basin matters. Sitting and doing the job by applying the pressures on the heels of the leg rectifies the health condition immediately.

Sl. No. 6: Wash the clothes. Forget about new modern technology machines washing machines where there are no exercises. Washing by hand is a considerable exercise for the body. The shoulders, arms, wrist, and fingers will get very good exercise. Standing and washing clothes means additional legs also get exercises. Sitting and washing means stomach, twisting applying pressure to shoulders on the sides, both left and right shoulders joints will get very good exercises. Similar to that of skipping both from front jumping and back side jumping. Many times, Doctors will ask to do the exercises which replace the exercises.

Sl. No. 7: Take the bath and prepare the food for breakfast and meals for the day. Here we are giving high priority to the health-conscious. During the period of Naval Corona Virus 19, special instructions will be given to wash your hands again and again and at frequent intervals even if you do not touch anything or anybody, maintenance of distance is very essential. Hence preparation of good hygienically is very important we should not cook the food completely only half boiled vegetable. By eating the food which is prepared the previous day and kept in the refrigerator it will not get spoil or perish. But its losses its originality of keeping essences. Once you keep the food in the refrigerator and take it out it spoils immediately. Worms will start to move. As the bacteria or virus suppresses its movement in the cold region. Further, we do not know what type of food materials they are using if take food from the hotel or from outside. Oil and water is the main source of loss our health. Hence it is advised to eat only house prepared food.

Sl. No. 8: Serve breakfast for everybody in the house. It is a pleasure to eat in the group and we can consume more. Otherwise in the daily routine work and machine type of life people will not eat on sitting on the table or the floor. Even they do not have time to eat properly and slowly. In these two things that we have to observe

- By sitting on the floor and eating.
- By sitting on the table and eating.

What is the advantage of sitting on the floor and eating the food over sitting on the table and eating? By sitting on the floor even if you consume excess intake of food for your body and you get up some more space will be available since the body shrinks while sitting on the floor.

Whereas by sitting at the table you will not get space if you eat more. By that time you will feel heavy tiredness and wants to take rest by consuming lemon with salt and then takes rest. Whereas by sitting on the floor you will not be tired as by sitting on the table.

Sl. No. 9: Go to the office to work and return after 06:00 PM by bicycle. Riding bicycles for a distance is a very good exercise. There is a triathlon wherein Swimming, Cycling and Jumping include in these sports games. It gives very good exercises for the soles of the foot, cough muscles, knees thighs, hips and stomach also. Peddling is important to move the cycle. Especially in the upper space region, extra energy will be consumed whereas in the down region no peddling is required but controlling is very important. The management concepts are explained very easily with bicycle riding such as POSDCORD.

P stands for planning here we will plan where to go and what time we can go, and who is also involved in the go is be planned well in advance. O stands for organizing the event, S - Staffing who are intended to go in the bicycle, D - Directing. Give the command to bicycle to move with the direction of left, right, and straight, C -controlling, to check whether it is in the right direction or any deviation to find out and deviation found take corrective measures to be on right track, Co - coordinating. Smooth function of the trip from place of origin to destination. Light shows direction for movement in the night.

Sl. No. 10: Easting fresh fruits and drink milk and sleep intake of fruit and drinking milk and taking a good sleep keeps our body in healthy condition. Our body needs, Vitamin A, Vitamin B, Vitamin C, Vitamin D and Vitamin E.

Vitamin A: Foods are Carrots, Tomatoes, Red Pepper, Milk, Papaya Fruits, Cereals, etc., if you take 900mg it reduces the diseases related to age-related vision, cancer, night blindness, etc.



Figure 1: Vitamin A Contained Food 8248 items. Source Internet Google search Engine.

Vitamin B: Food containing fruits is as follows 20 fruits, Milk, Dragoon Fruit, Cashew Nuts, Banana, Watermelon, and others. Which cures skin-related problems and hair-related problems. The Thyroid is a major problem in everybody in one way or the other iodized salt also reduces little bit extent.

It is advised to take Vitamin B-rich content foods so that one can get relax easily. The Cereals, especially Kiwi Fruit, which is a little bit costly when compared to other fruits and it is a must. The medicinal quality it contains is unimaginable.



Figure 2: Vitamin B Source Internet Google Search Engine.

Vitamin C: Food items are essential for a man to sustain his health condition. If a person suffers from diabetes they would not get cured immediately. Then the doctors will advise taking Vitamin C Tablets to supply the Vitamin C to the body then the wounds will get cured with speed. Hence Vitamin C food is also very much essential for the body. Which consists as follows

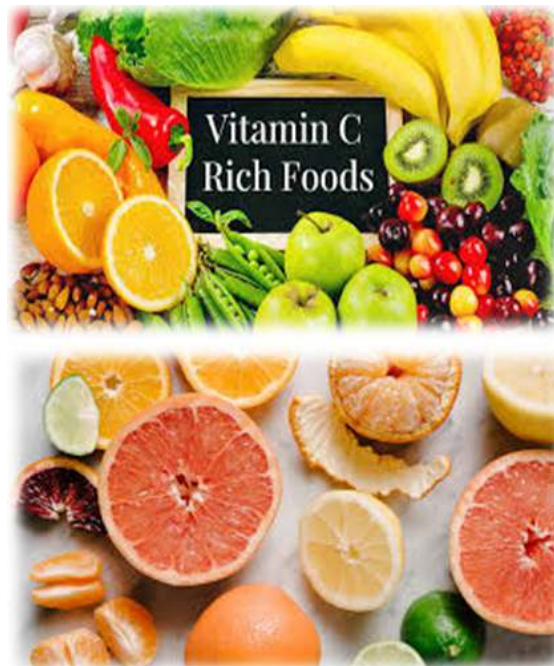


Figure 3.



Figure 3.

Now we are Proceeding to Vitamin D



Figure 4: Vitamin D: Food defects Lead to Rickets, Bone Problems, Calcium Problems, Swelling etc.,

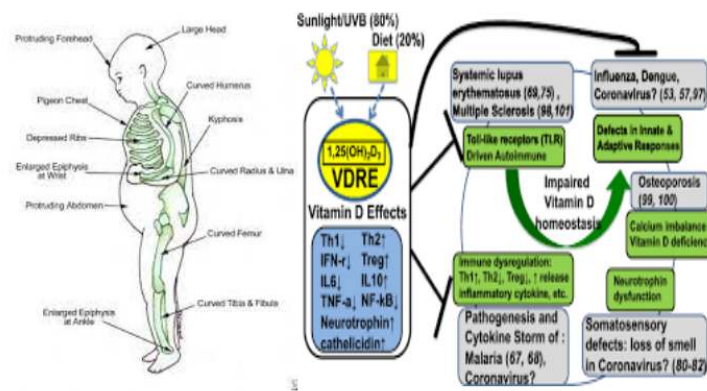


Figure 5.

It Reduces by Taking the Following Food Items



Figure 6.

Vitamin E: We have to suffer if the deficiency occurs like swelling on the face, or leg, some pictures show some deficiencies.



Figure 7.

The Food Reduces the Deficiency Caused by Vitamin through Food Items That we can Consume.



Figure 8.

CONCLUSION

The people who work very hard without their knowledge are doing their regular exercises. Daily exercise leads to good health people who are lazy will suffer from a lot of diseases. The people from Tribal areas are falling sick or the ratio is too low. It is the opinion of the authors that doing regular work also keeps good health human beings.

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